

# 28<sup>th</sup> Festival of Chinese Martial Arts & BRITISH OPEN CHAMPIONSHIPS 9<sup>th</sup> April 2017

Blackbird Leys Leisure Centre, Pegasus Rd., Blackbird Leys, Oxford; OX4 6JL  
(doors open 9am for competitors, 10am for spectators)

## ENTRY FORM

PLEASE PRINT

Name:	M <input type="checkbox"/> / F <input type="checkbox"/>	Style:
Address:		
Email:	T/F:	
Instructor / club:		

<input type="checkbox"/>	BEGINNERS Internal Hand Forms	<input type="checkbox"/>	BEGINNERS External Hand Forms
<input type="checkbox"/>	INTERMEDIATE Internal Hand Forms	<input type="checkbox"/>	INTERMEDIATE External Hand Forms
<input type="checkbox"/>	OPEN LADIES Hand Forms	<input type="checkbox"/>	OPEN External Hand Forms
<input type="checkbox"/>	OPEN Internal LADIES Hand Form	<input type="checkbox"/>	BEGINNERS External Weapons Forms
<input type="checkbox"/>	OPEN LADIES Tai Chi Hand Forms	<input type="checkbox"/>	INTERMEDIATE External Weapons Forms
<input type="checkbox"/>	OPEN MENS Hand Forms	<input type="checkbox"/>	OPEN External Weapons Forms
<input type="checkbox"/>	OPEN Internal MENS Hand Form		
<input type="checkbox"/>	OPEN MENS Tai Chi Hand Forms	<input type="checkbox"/>	JUNIOR Hand Forms
		<input type="checkbox"/>	JUNIOR Weapons Forms
<input type="checkbox"/>	OPEN MENS Internal Weapon Forms	<input type="checkbox"/>	VETERANS Hand Forms (over 55)
<input type="checkbox"/>	OPEN LADIES Internal Weapon Forms	<input type="checkbox"/>	VETERANS Weapons Forms (over 55)
<input type="checkbox"/>	OPEN TAI CHI SPEAR Forms		
<input type="checkbox"/>	OPEN TAI CHI SABRE Forms		
<input type="checkbox"/>	OPEN TAI CHI SWORD Forms		
<input type="checkbox"/>	<b>Group Hand Forms - 3 persons.</b> PRINT names of participants: Group Member:		
	Other group member: _____		
	Other group member: _____		
<input type="checkbox"/>	<b>Group Weapons Forms - 3 persons.</b> PRINT names: Group Member:		
	Other group member: _____		
	Other group member: _____		
	Weapon/s: _____		
<input type="checkbox"/>	<b>Two Person Set – Tui Shou</b> PRINT names: Group Member:		
	Other group member: _____		
<input type="checkbox"/>	<b>Two Person Set – San Shou</b> PRINT names: Group Member:		
	Other participant: _____		
<input type="checkbox"/>	<b>Two Person Set – weapons:</b> PRINT names: Group Member:		
	Other participant: _____		
<input type="checkbox"/>	<b>JUNIOR Group Hand Forms</b> PRINT names: Group Member:		
	Other group member: _____		
	Other group member: _____		
<input type="checkbox"/>	<b>JUNIOR Group Weapons Forms</b> PRINT names: Group Member:		
	Other group member: _____		
	Other group member: _____		
	Weapon/s: _____		
<input type="checkbox"/>	JUNIOR FIXED STEP Pushing Hands	<input type="checkbox"/>	JUNIOR MOVING STEP Push Hands
<input type="checkbox"/>	LADIES Fixed Step Pushing Hands	<input type="checkbox"/>	MEN Fixed Step Pushing hands
<input type="checkbox"/>	LADIES Moving Step Pushing Hands	<input type="checkbox"/>	MEN Moving Step Pushing Hands
<input type="checkbox"/>	LION DANCE	Group Name/Lead name _____	
		Number in Group: _____	

Total events entered:		Weight:		kg (Pushing Hands)		Total entry fees:		£
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**Completed entry forms MUST be received by post / email before March 26th 2017  
No entries accepted after April 3<sup>rd</sup>**

BCCMA/TCUGB/ KS Inst. Members: £14 1st event, £9 thereafter;

Non-members £16 1st event, £12 thereafter.

**Lion Dance £20 per group; group members entering other events £9 per event**

Entries received **after March 26<sup>th</sup>**

£17 per event.

**Lion Dance £25**, group members entering other events **£17** per event

Spectator tickets at door: Adults **£8** Students **£5**.

Are you a member of BCCMA / TCUGB / Kuoshu Institute?  Yes  No

Tel: 0208 368 6815/ 07721 867 682.

Email :dan\_ptcci@hotmail.co.uk

UK competitors: Cheques/ PO payable to DJD with completed entry forms to:-  
**DJD, 9 Ashfield Road, London N14 7LA.**

Foreign competitors will pay entry fees in cash at registration.

The organizers reserve the right to cancel/combine events if insufficient entries. Under 18s must have written parental permission to compete.

I, the undersigned, agree to comply with the rules of the 28<sup>th</sup> TCFE Chinese Martial Arts Championships and I indemnify the organizer and officials of the said championships against any claims, suits or demands of any nature whatsoever arising out of my entry in this competition and I acknowledge that I enter the said competition at my own risk and am responsible for having relevant insurance.

**Date:** \_\_\_\_\_ **Signed:** \_\_\_\_\_

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**Date:** \_\_\_\_\_ **Signed(parent/guardian):** \_\_\_\_\_

**Name and telephone number of parent/guardian if under 18:**



# RULES OF THE FESTIVAL OF CHINESE MARTIAL ARTS & BRITISH OPEN TAI CHI CHAMPIONSHIPS

Juniors - aged under 16s. Veterans over 55

**FORMS EVENTS:-** **Intermediate forms-** total training time less than **5 yrs** (i.e. not just the time spent on training in that form). **Beginner form** – total training time less than **2 yrs** (i.e. not just the time spent on training in that form). Categories to be decided by the organiser. Competitors will wear suitable sports clothing and may wear sports shoes or be barefooted. A panel of 3 judges will award points up to a maximum of 10 in respect of the following criteria:-

## TAI CHI/ INTERNAL FORMS

### HAND FORM

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Coordination
6. Smooth transition from one technique to another
7. Balanced turning & stepping
8. Relaxation & softness
9. Aesthetic appearance
10. Martial spirit

### WEAPON FORMS

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Harmony of body & weapon
6. Correct use of Jing
7. Balance & agility
8. Control of weapon
9. Aesthetic appearance
10. Martial spirit

## WU SHU/ EXTERNAL FORMS

### HAND FORM

1. Correct posture
2. Correct stance
3. Power
4. Intent & focus
5. Coordination
6. Difficulty of Technique
7. Balanced turning & stepping
8. Behaviour and turnout
9. Aesthetic appearance
10. Martial spirit

### WEAPON FORMS

1. Correct posture
2. Correct stance
3. Power
4. Intent & focus
5. Harmony of body & weapon
6. Difficulty of Technique
7. Balance & agility
8. Behaviour and turnout
9. Aesthetic appearance
10. Martial spirit

The judges will disqualify competitors who perform an inappropriate form and will deduct points in accordance with the degree to which a form contains inappropriate movements. Similarly a point will be deducted by each judge if a competitor exceeds the time allowed. This will normally be 4 minutes, but for the 42 step and Wu Short Forms, the time limit will be no less than 5 and no more than 6 minutes and points will be deducted on the same basis as before in respect of which the form takes more than 6 or less than 5 minutes to complete. Points will also be deducted for stopping, hesitating and dropping a weapon.

After completing their form competitors will wait for the judges to announce the score before leaving the competition area. If competitors wish to appeal a decision they must do so immediately after the event and pay a forfeit of £20 to the appeals committee, which will be repaid if the appeal is found to have merit.

### **Pushing hands rules**

**Clothing** All competitors should wear suitable sports clothing. No potentially dangerous objects may be worn or carried. Competitors should be clean with nails clipped and long hair tied back.

**Category** Written parental permission is required for under 18s. Weight divisions will be determined by the organiser and a weigh-in will be conducted on the day of the competition.

**Fixed Step** On the referee's instructions contestants will come into a front stance facing one another with the same front foot on the centre line. The referee will bring their arms into contact and they will begin as soon as the referee releases his hand

Duration will be 1 minute. When the timekeeper signals half time, the contestants will stop and change feet before restarting as above. The referee will stop the contest when one or both contestants loses balance, or at his discretion. He'll then restart the contest. Stoppages won't be included in the contest time. When the timekeeper signals full-time, the referee will separate the contestants. After the scorer's announcement, the referee will raise the winner's hand and the contestants will then leave the area.

**Scoring** 1 point will be awarded if a contestant raises his foot from the floor or steps off balance in any direction or raises any part of the rear foot from the floor. The sole of the front foot may be raised provided that the heel is still in contact with the floor. 2 points will be awarded for a half fall, i.e. where a contestant touches the floor with one knee or hand. 4 points will be awarded for a full fall, i.e. where both hands/ knees/ the buttocks touch the floor.

If both contestants lose their balance in the same exchange, no points will be awarded. Where a contestant is losing balance and grabs the opponent's clothing, 2 points will be awarded to his opponent. The scorer will award points as directed by the referee. If the scores are tied, the first to score will be the winner.

**Fouls and disqualifications** If a foul is committed, the referee may at his discretion warn the culprit, award 2 points to the opponent or, if the foul is serious, he may disqualify the offender. Fouls include:-

attacks to the groin, legs, head or neck; attacking the joints; punches & kicks; spear hands; throws, sweeps, locks & trips; biting, spitting & scratching; pulling hair or clothing; putting an arm/s around the opponent's back, disobeying the referee, dissent & foul language.

**Permitted Moves** Contestants may use *peng, lu, ji, an, cai, lie, zhou* and *kao*.

**Moving Step** The rules shall be the same as those given above with certain additions. The contest area will not exceed 24' x 24'. Contestants will approach one another at the direction of the referee from opposite ends of the contest area and make hand/arm contact. The contest will begin on the referee's command.

**Scoring** 1 point will be awarded where a contestant steps outside of the area **or** has both feet off the ground **or** staggers 2 or more steps in any direction. 2 points will be awarded for a half fall. 4 points for a full fall and 8 points where a contestant is sent flying out of the area. 1 extra point for good technique may be awarded at the referee's discretion

**Permitted Moves** Contestants may move freely within the contest area using *peng, lu, ji, an, cai, lie, zhou & kao* etc.

Safe throws, trips, sweeps and locks are permitted.

After completing their contest competitors will wait for the referee to announce the score before leaving the competition area. If competitors wish to appeal a decision they must do so immediately after the contest and pay a forfeit of £20 to the appeals committee, which will be repaid if the appeal is found to have merit.